



**Ward 6: HAYES SENIOR WELLNESS CENTER**  
**500K Street NE 202-727-0357**  
**Website: [www.hayesswc.com](http://www.hayesswc.com)**  
**Hours: Monday - Friday 8:00 am to 5:00 pm**


## DECEMBER 2016

Mon	Tue	Wed	Thu	Fri
			<b>1</b> 8:30 Open Gym 9-11:30 Computer Class 10:00 Tree Trimming 10:00 "Ms. Fit"ness 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 2-4 Grocery Plus Distribution 3-3:30 Line Dance 4-5 Hand Dancing	<b>2</b> 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding 3:30-5 Movie
<b>5</b> 8:30 Open Gym 9-2 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3:30-5 Movie	<b>6</b> 8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club	<b>7</b> 8:30 Open Gym 10-11 Arts & Crafts 10-1 Olive Garden Trip 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 "Butts & Gutts" 1-1:30 Nutrition Bingo 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs	<b>8</b> <b>CENTER CLOSED</b> <i>Mayor's Annual Senior Holiday Celebration</i> 10:00 a.m. – 2:00 p.m. DC Armory 2001 East Capitol Street, SE Washington, DC 20003	<b>9</b> 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:00 Nutrition Presentation 11:30-1 Lunch 12:30 "Butts & Gutts" 1-1:30 Nutrition Bingo 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding 3:30-5 Movie
<b>12</b> 8:30 Open Gym 9-2 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3:30-5 Movie	<b>13</b> 8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness 10:00 – 11:30 Retirement and Social Security Claiming (Focus Group) 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing	<b>14</b> 8:30 Open Gym 10-11 Arts & Crafts 10:00 – 11:30 Retirement and Social Security Claiming (Focus Group) 10:30 Greenhouse Workshop 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 "Butts & Gutts" 12:30 Town Hall Meeting 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs	<b>15</b> 8:30 Open Gym 9-11:30 Computer Class 10:00 "Ms. Fit"ness 11:30-1 Lunch 12:30 - 3:30 HUH Appreciation Party and Holiday Celebration 1-2 The Pound Workout 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	<b>16</b> 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1-1:30 Nutrition Bingo 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding 3:30-5 Movie



**Ward 6: HAYES SENIOR WELLNESS CENTER**  
**500K Street NE 202-727-0357**  
**Website: [www.hayesswc.com](http://www.hayesswc.com)**  
**Hours: Monday - Friday 8:00 am to 5:00 pm**

## DECEMBER 2016

Mon	Tue	Wed	Thu	Fri
<b>19</b> 8:30 Open Gym 9-2 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness <b>11:30-1 Lunch</b> 12:30 "Butts & Guts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs <b>3:30-5 Movie</b>	<b>20</b> 8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness <b>11:30-1 Lunch</b> 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing <b>3-5 Memory Club</b>	<b>21</b> 8:30 Open Gym 10-11 Arts & Crafts <b>10-1 PG Plaza Shopping Trip</b> 11-12 Enhance Fitness <b>11:30-1 Lunch</b> 11:30 New Member Assessment 12:30 "Butts & Guts" 1:00 Strength & Resistance <b>1:00 Sign Language Class</b> <b>1-1:30 Nutrition Bingo</b> 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs	<b>22</b> 8:30 Open Gym 9-11:30 Computer Class 10:00 "Ms. Fit"ness <b>11:30-1 Lunch</b> 1-2 The Pound Workout 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	<b>23</b> 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness <b>11:30-1 Lunch</b> 12:30 "Butts & Guts" <b>1-1:30 Nutrition Bingo</b> 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs <b>3-4:30 Taste Budding</b> <b>3:30-5 Movie</b>
<b>26</b> <b>CENTER CLOSED</b> <b>MERRY CHRISTMAS</b> 	<b>27</b> 8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness <b>11:30-1 Lunch</b> 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing	<b>28</b> 8:30 Open Gym 10-11 Arts & Crafts <b>10:30 Greenhouse Workshop</b> 11-12 Enhance Fitness <b>11:30-1 Lunch</b> 11:30 New Member Assessment 12:30 "Butts & Guts" 1:00 Strength & Resistance <b>1-1:30 Nutrition Bingo</b> 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs	<b>29</b> 8:30 Open Gym 9-11:30 Computer Class 10:00 "Ms. Fit"ness <b>11:30-1 Lunch</b> 1-2 The Pound Workout 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	<b>30</b> 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness <b>11:30-1 Lunch</b> <b>12:30-2 S. Johnson Musical Performance</b> 12:30 "Butts & Guts" 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs <b>3-4:30 Taste Budding</b>

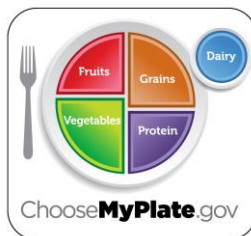
### Stay Mindful with 4 Tips for Holiday Eating

On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.



- In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. High-fiber foods are high in volume and will satisfy hunger, but are lower in calories.
- Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.
- There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really are still hungry.
- Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

Source: [www.eatright.org](http://www.eatright.org)



### Important Events this Month

- December 1<sup>st</sup> @ 10:00 am – Tree Trimming
- December 1<sup>st</sup> @ 2:00 pm – Grocery Plus Distribution
- December 6<sup>th</sup> @ 3:00 pm – Memory Club
- December 7<sup>th</sup> @ 10:00 am – Olive Garden Restaurant Trip
- December 8<sup>th</sup> @ 10:00 am – Mayor's Annual Senior Holiday Celebration
- December 9<sup>th</sup> @ 11:00 am – Nutrition Presentation
- December 13<sup>th</sup> @ 10:00 am - Retirement & Social Security Claiming (Focus Group)
- December 14<sup>th</sup> @ 10:00 am - Retirement & Social Security Claiming (Focus Group)
- December 14<sup>th</sup> @ 10:30 am – Greenhouse Workshop
- December 14<sup>th</sup> @ 12:30 pm – Town Hall Meeting
- December 15<sup>th</sup> @ 12:30 pm – Howard University Hospital Appreciation Party and Holiday Celebration
- December 20<sup>th</sup> @ 3:00 pm – Memory Club
- December 21<sup>st</sup> @ 10:00 am – PG Plaza Shopping Trip
- December 21<sup>st</sup> @ 1:00 pm – Sign Language Class
- December 28<sup>th</sup> @ 10:30 am – Greenhouse Workshop
- December 30<sup>th</sup> @ 12:30 pm – Sandra Johnson Musical Performance